



# EXETER SENIOR RESOURCE GUIDE

*Guide to Age-Friendly Living in Exeter, NH*



## What's inside?

- Transportation
- Human Services
- Health & Wellness
- Food & Nutrition
- Housing
- Leisure & Education Activities
- Public Safety

Exeter's guide to age-friendly resources to help improve the quality of life for all.

Created by Exeter Parks and Recreation Department, an agency member of the Exeter Senior Council

Revised: March 2023

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**Dial 211** to be connected, at no cost, to a trained information and referral specialist

**Trip Link:** Phone 603-834-6010 **Website** <https://communityrides.org/using-triplink>

**COAST Bus Route 7 On Demand:**

**Phone** 603-834-6010 **Website** <https://coastbus.org/routes/route-7>

**Transportation Assistance for Seacoast Citizens - TASC:**

**Phone** 603-926-9026 **Website** <https://www.tasc-rides.org/passengerinfo>

**Discounted Taxi Ticket Program - Exeter Parks & Rec:**

**Phone** 603-773-6151 **Website** [www.exeternh.gov/recreation](http://www.exeternh.gov/recreation)

**Exeter Human Services:** Phone 603-773-6116 **Website** <https://www.exeternh.gov/humanservices>

**ServiceLink - Aging & Disability Resources:**

**Phone** 603-334-6594 **Website** <https://www.servicelink.nh.gov/index.htm>

**Exeter Hospital:** Phone 603-778-7311 **Website** <https://www.exeterhospital.com/Services>

**Alzheimer's, Dementia & Memory Care Facilities in New Hampshire:**

**Phone** 888-595-9951

**Website** <https://www.alzheimersupport.com/memory-care/new-hampshire/>

**ALDA-Association of Late-Deafened Adults:**

**Email** ALDAseacoastNH@gmail.com **Website** <https://alda.org/about-alda/>

**Rockingham Nutrition Meals on Wheels:**

**Phone** 603-778-8196 **Website** <https://rockinghammealsonwheels.org/>

**St. Vincent De Paul:** Phone 603-772-9922 **Website** <https://www.svdpxeter.com/our-services/>

**Hannaford Free Dietitian:**

**Phone** (603)772-1783 **Website** <https://www.hannaford.com/health-wellness/dietitians>

**Exeter Parks and Recreation:** Phone 603-773-6151 **Website** <https://www.exeternh.gov/recreation>

**Exeter Public Library:** Phone 603-772-3101 **Website:** [exeterpl.org](http://exeterpl.org)

**Exeter YMCA:** Phone 603-642-3361 **Website** <https://www.sdymca.org/about-the-y>

**Exeter Adult Education:** Phone (603) 775-8457 **Website** <https://adulted.sau16.org/en-US>

**Exeter Fire Department:** Phone 603-772-1212 **Website** <https://www.exeternh.gov/fire>

**Exeter Police Department:** Phone 603-772-1212 **Website** <https://www.exeternh.gov/police>

# Transportation

## Trip Link

**Office Hours:** Monday - Friday, 8:00 AM – 5:00 PM

### Overview of Service

Trip Link is a transportation call center that services the Seacoast. They manage ride requests for various transportation services in the area. These services include Community Rides, COAST, Ready Rides, Community Action Partnership of Strafford County, and Rockingham Nutrition Meals on Wheels. To reserve rides on any of these services, call Trip Link ahead of time. This resource also has an online common application to apply to ride on any of these services and more. To apply for transportation services online, all you have to do is fill out Trip Link's common application to determine what you are eligible for.

### Important Information

- Sign up for the Services Announcements newsletter to stay up to date on all transportation services in the region
- The website has a searchable directory for all transportation options in their system. These include; bus, rail, shuttle services, volunteer driver programs, chair cars, agency/client transportation, taxi, limo, and airport shuttles
- Common Application Services
  - Community Rides
  - COAST's ADA Paratransit
  - COAST's Portsmouth Senior Transportation
  - COAST's Route 7 on Demand
  - Rockingham Nutrition Meals on Wheels' Senior Shuttle
  - Ready Rides
  - TASC
  - Strafford CAP's Senior Transportation Bus



### Contact Information

Phone: 603-834-6010

Email: [triplink@communityrides.org](mailto:triplink@communityrides.org)

Website: <https://communityrides.org/using-triplink>

## COAST Bus Route 7 On Demand

**Hours of Service:** 9:30 AM – 5:15 PM

**Days of Service:** Monday, Tuesday, Wednesday, and Thursday

### Overview of Service

The COAST bus service provides transportation for a small fee for NH Seacoast community members. The route has both designated, and non-designated stops on Route 108 from Newmarket to Exeter. Maps and stops are included on the following pages. Designated stops are the stops along the route that are indicated along the map. Non-designated stops may be anywhere within the shaded areas they service as requested by riders. To view a more interactive version of the map, please visit their website.

### Important Information

- This is an “advance reservations only” service
- Trips may be reserved up to 2 weeks in advance
- To schedule a trip – call 603-834-6010
- You must call and schedule your trip before 5PM the **weekday** before you wish to ride
- Ride prices vary from \$1.50 - \$3.00 each time you board (designated v. non-designated stops)
- For detailed bus routes and more information visit their website linked below



### Contact Information

Ride Scheduling: 603-834-6010, Customer Service : 743-5777, Option 1  
Email: [triplink@communityrides.org](mailto:triplink@communityrides.org)  
<https://coastbus.org/routes/route>

## COAST Bus Route 7 On Demand

### Maps and Routes - Designated Stops

#### Northbound

- Lincoln St. (Exeter Train Station)
- Lincoln / Front Sts.
- Linden St. (SSTA / YMCA)
- Linden St. (Deep Meadow Variety)
- Linden St. / Gary Ln.
- Linden St. (SSTA / YMCA)
- Front St. (Exeter Inn)
- Front / Elm Sts.
- Front St. (Exeter Bandstand)
- High / Pleasant Sts.
- Alumni Dr. (Exeter Hospital)
- Portsmouth Ave. / Alumni Dr. (Exeter Commons)
- Portsmouth Ave. (Osram Sylvania)
- Portsmouth Ave. (Hannaford)
- Portsmouth Ave. (Market Basket Plaza)
- Exeter Rd. (Newmarket Industrial Park)
- Exeter Rd. (McDonalds)
- Main St. (Newmarket Gazebo)

#### Southbound

- Main St. (Newmarket Gazebo)
- Elm St. / Nichols Ave.
- Beech St. Ext. / Elm St.
- Beech St. Ext. (Commons at Kent Place)
- Gerry Ave. (Gepetto's Pizza)
- Exeter Road / Bennett Way (Irving)
- Exeter Road / Lita Ln.
- Portsmouth Ave. (Market Basket Plaza)
- Portsmouth Ave. (Hannaford)
- Portsmouth Ave. (Osram Sylvania)
- Portsmouth Ave. / Alumni Dr.
- Alumni Dr. (Exeter Hospital)
- Portsmouth Ave. / Green Hill Road (Walgreens)
- Water St. / String Bridge (Exeter Bandstand)
- Water St. / Swazey Pkwy.
- Main St. (Phillips Exeter Academy)
- Main / Ash Sts. (Brad's Auto Body)
- Lincoln St. (Exeter Train Station)



## Transportation Assistance for Seacoast Citizens (TASC)

**Office Hours:** Monday - Friday; 9:00AM – 5:00PM

**Ride Service Hours:** Based on volunteer availability and passenger needs

### Overview of Service

TASC provides scheduled rides for those ages 55+ who are residents in Exeter and surrounding towns. Other adults with disabilities that prevent them from driving are also eligible. Prior to riding, you must register by calling the TASC office, or by using the common application offered by Trip Link, or completing a downloaded form on their website and mailing it to their office. After registering to be a passenger, you may request to schedule rides with this service to scheduled appointments such as doctor's appointments, trips to the grocery store, or other life needs. There is no charge for this service.

### Important Information

- Masks required while riding
- To register through Trip Link: Fill out the common application and submit it online
- To register through TASC: Call 603-926-9026 for registration information.
- TASC requires a 7-day scheduling notice prior to the date of needed ride
- To cancel a ride, call at least 24 hours in advance
- No tips or other forms of payment can be accepted by volunteer drivers.



### To Schedule a Ride

- Call (603) 926-9026 and provide the following information
- Name, address, and telephone number
- The full date, time, specific location (i.e. doctor's name and address) of the appointment, and an estimated length of time you'll be at your appointment or errand
- Notify if you need an extra stop and the specific location of the stop
- If you leave a voicemail, leave a detailed message. You may not receive a call back on the same day, nor does leaving a message guarantee a ride

### Contact Information

Phone: 603-926-9026

Email: [coordinator@tasc-rides.org](mailto:coordinator@tasc-rides.org)

Website: <https://www.tasc-rides.org/passengerinfo>

### Address

TASC

200 High Street

Hampton, NH 03842



# Transportation

## Exeter Parks and Recreation Discounted Taxi Ticket Program

**Office Hours:** Monday - Friday; 8:00AM – 4:30PM

**Service Days:** M-F, 6AM-6PM

### Overview of Service

The Town of Exeter, through the Exeter Parks & Recreation Department, offers a discounted taxi ticket program through Academy Taxi. In this program, residents over the age of 60, or those with disabilities, may purchase a book of 20 vouchers for \$10. They can then use the vouchers towards payment of their taxi transportation. The program is 50% subsidized by the Town of Exeter.

### Important Information

- For Age 60+ or persons with disabilities
- 20 vouchers cost \$10
- Not wheelchair accessible



**To Purchase Tickets:** Come to the Parks and Recreation Department at 32 Court Street and pay with cash, check, or credit card; or, send a self addressed envelope with a check made out to EPRD and we will send you a book of tickets.

Attn: Taxi Tickets  
Exeter Parks & Recreation  
32 Court Street  
Exeter, NH 03833

### To Schedule a Ride:

Call Academy Taxi 603-658-8294  
(you must have the tickets before you schedule a ride).



# Human Services

## Exeter Human Services

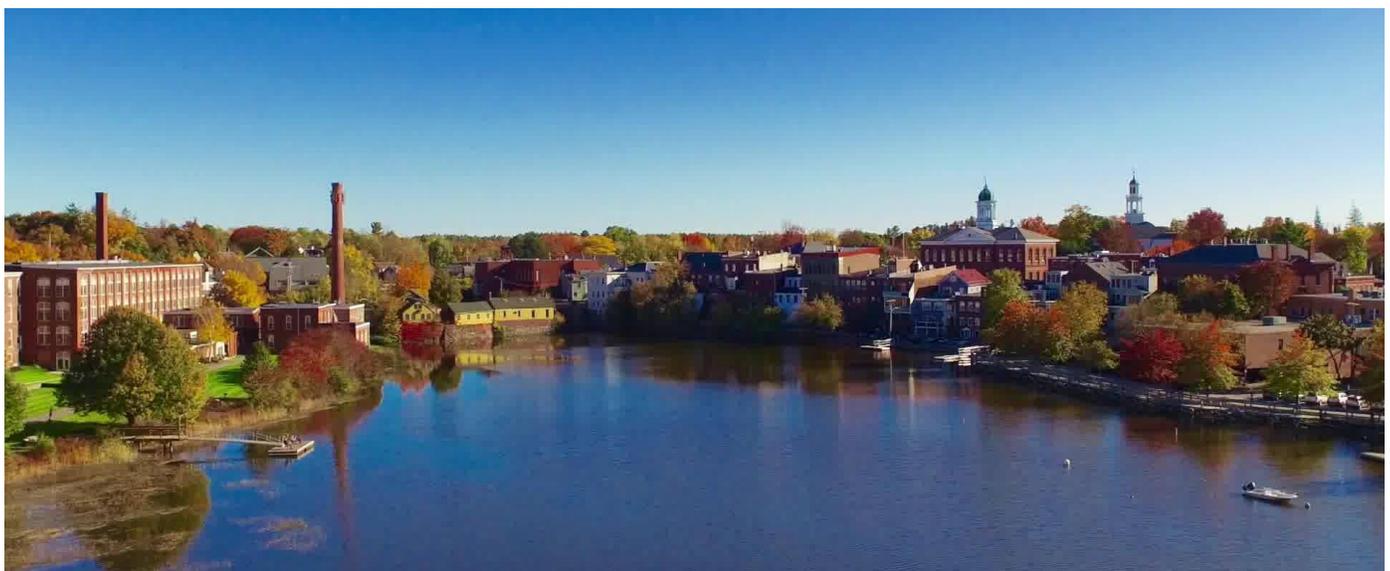
**Hours:** Meetings by appointment; Monday – Friday 8:00AM – 4:00PM

### Overview of Service

The Exeter Human Services office connects the public to organizations that can provide relief if the Town is unable to provide the proper support. The website has links to local resources, but if you are interested in more detailed information on services and welfare, make an appointment.

### Important Information on the Site

- 2022 Exeter Welfare Guidelines
- Emergency crisis assistance
- Web Links included:
  - NH Services Gateway
  - NH 211
  - Meals on Wheels



### Contact Information - Pam McElroy

Phone: 603-773-6116

Email: [pmcelroy@exeternh.gov](mailto:pmcelroy@exeternh.gov)

Website: <https://www.exeternh.gov/humanservices>

### Address

10 Front Street  
Exeter, NH 03833

## Service Link: Aging and Disability Resource Center

Office Hours: Monday - Friday; 8:30AM – 4:30PM

### Overview of Service

This website is a hub for resources centered around the topics of aging and disability. As a resource from the NH Department of Health and Human Services, ServiceLink helps to connect the community to long term services and supports. This website allows residents to explore options regarding aging and disability services offered.

- Administration for Community Living (ACL)
- AARP
- Benefits CheckUp
- Coping with the Cost of Care
- Watch Me Grow: Raising Awareness about Developmental and Behavioral Screening
- Eldercare Locator
- Language Line
- Local Initiatives Support Corporation
- Medicare Information
- Mid-State Regional Coordinating Council
- 2016 Mid-State Ride Resource Directory
- New Hampshire's Falls Awareness
- Social Security Administration
- StopFraud.Gov
- GLAD Answers

***"ServiceLink is a program of the NH Department of Health and Human Services. Through contracts with local agencies around the state, ServiceLink helps individuals access and make connections to long term services and supports, access family caregiver information and supports, explore options and understand and access Medicare and Medicaid.***

### Contact Information

Phone: 603-334-6594

Email: [tsmith@servicelinksc.org](mailto:tsmith@servicelinksc.org)

Website: <https://www.servicelink.nh.gov/links/index.htm>

# Errand Services



## Aspire Delivers! Formerly Twin Rivers

**Office Hours:** Monday - Thursday; 9:00AM – 2:30PM

### Overview of Service

Aspire Delivers is a FREE errand service for senior citizens and homebound individuals in need of support. Need a personal shopper to pick up your groceries or medicine? Let Aspire Delivers volunteers shop for and deliver your items - **free of charge!**

**Aspire Delivers is a program of Aspire Living & Learning, a private, non-profit human service and educational organization, serving individuals in multiple states. We provide treatment and supports for people with intellectual and developmental disabilities, allowing them to live more fully and more independently in their communities.**

### What do Aspire Delivers' clients say about their services?

- "Would recommend you without hesitation" - Nancy A.
- "It gives us dignity, as we do not have to ask for the help of friends". - Terri G.
- "They're always timely, very willing, and get me anything I need. I'm disabled, so cannot get out. They're friendly...I could go on and on". - Judy G.
- "Very good job. A+ to you". - Roger P.
- "Laundry service is great, especially pick-up & drop-off factors. Very happy customer here!!". - Scott D.

### Contact Information

Phone: 603-772-5991

Website: [www.allinc.org](http://www.allinc.org)

## Exeter Hospital

*In case of an emergency, **DIAL 911***

**Referral Line Hours:** Monday - Friday; 8:30AM – 5:00PM **603-580-6668**

### Overview of Service

The Exeter Hospital has a wide scope of care, allowing them to offer comprehensive health care services in breast health, birthing and reproductive medicine, cardiovascular, occupational and employee health, oncology and orthopedics. All the services they offer as well as their insurance list are listed on the next page. It is affiliated with Exeter Health Resources which consists of three operating affiliates; Exeter Hospital, Core Physicians, and Rockingham Visiting Nurse Association and Hospice.

### Lab Information

Monday - Friday 7:00AM - 12:00PM and 1:00PM - 5:00PM; Saturdays 8:00AM - 12:00PM

- Walk-ins welcome, appointments not necessary
- Due to high demand, lab wait times may be higher than normal. Plan extra time for your visit.
- Located on the 1st floor of the Main Entrance (left after elevators)
- For any other questions, call 603-580-7440



### Exeter Hospital Contact Information

Phone: 603-778-7311

Website: <https://www.exeterhospital.com/Home>

Address: 5 Alumni Drive, Exeter, NH 03833

## Exeter Hospital

### Affiliate Contact Information

#### Exeter Health Resources

5 Alumni Drive  
Exeter, NH 03833  
(603) 778-7311

#### Rockingham Visiting Nurse

Association & Hospice  
137 Epping Road  
Exeter, NH 03833  
(603) 772-2981

#### Core Physicians LLC

7 Holland Way  
Exeter, NH 03833  
(603) 580-7939

### Hospital Center Contact Information

Center for Cancer Care	(603)580-7336
Center for Occupational & Employee Health Clinic	(603)580-6635
Center for Orthopedics & Movement	(603)777-1000
Center for Reproductive Care	(603)773-6973
Center for Wound Healing	(603)580-7285
Central Scheduling	(603)580-6966
Community Relations	(603)580-7524
Advancement / Fundraising	(603)580-6262
<b>Communication Tools &amp; TTY Number</b>	(603)580-7889
Emergency Department	(603)580-6110
Human Resources	(603)778-7311
Exeter Hospital Help Center	(603)580-6668
<b><u>Intensive Care Unit (1-833-ICU-EXTR)</u></b>	<b><u>(833)428-3987</u></b>
<b><u>Main Switchboard/Patient Rooms</u></b>	<b><u>(603)778-7311</u></b>
Media Line	(603)580-6642
Medical Records	(603)580-6228
Outpatient Lab Services	(603)580-7440
Patient Access (Admitting)	(603)580-6966
<b>Patient Relations</b>	(603)580-6913
Physical & Occupational Therapy	(603)580-7068
Exeter Hospital <b>PriceLine</b>	(603)580-7605
Radiology/Imaging Services	(603)580-6608
TTY Access	(603)580-7889
Volunteer Services	(603)580-6331

# Health & Wellness

## Vision & Eyesight - Future In Sight

**Hours:** Monday - Friday, 8:00AM-4:00PM

### Overview of Service

Future In Sight is a nonprofit organization that is dedicated to transforming the lives of those who are blind and visually impaired. We provide a range of services in education, rehabilitation, and social services to infants and toddlers, children (3-21), adults, and seniors.

### Services Can Include:

- Peer Support
- Occupational Therapy
- Low Vision Therapy
- Vision Rehabilitation Therapy
- Orientation and Mobility Therapy
- Education Services
- Technology Training
- Group Activities
- Transportation Services



### Contact Information

Care Coordinators

Website: [www.futureinsight.org](http://www.futureinsight.org)

Email: [services@futureinsight.org](mailto:services@futureinsight.org)

Phone: 603-224-4039

## Alzheimer's, Dementia, & Memory Care Facilities in New Hampshire

**Hours:** 24/7 Hotline and Website

### Overview of Service

This site will help you to navigate the care of a loved one with memory difficulties. The hotline allows you to speak with a memory care advisor, and the site allows you to browse different options for care in New Hampshire and other states. The facilities on the site are specific to memory care. Many assisted living facilities and nursing homes offer help for residential and medical care that differs from memory care. This site directs families and individuals to care that is specific to an individual's needs.

### Important Information

- Alzheimer's, Dementia, and Memory Care
- A 24/7 helpline is available to connect you with a memory care specialist
- 10 best memory care facilities in NH are listed at the bottom of the website's homepage
- At the bottom of the homepage, you can click on specific towns in NH to find what fits you
- The website has resources for care facilities in every state

### Contact Information

Helpline for Memory Care Advisors : 888-595-9951

Exeter Center Phone : 888-595-9864

Website: <https://www.alzheimersupport.com/memory-care/new-hampshire/>

## **Association of Late-Deafened Adults - ALDA Seacoast NH**

### **Overview of Service**

ALDA targets support for those who are affected by hearing loss after spoken language acquisition. The website has resources for those experiencing hearing loss themselves, for family members, and support systems. ALDA strives to create a community of understanding and give those experiencing hearing loss a space to learn and cope through Chapters and Groups, virtual meetings and a yearly convention hosted by the national non-profit, all-volunteer organization as well as Facebook pages.

### **Additional Resources on the Site**

- General information about hearing aids and cochlear implants
- Telecommunications
- Tips to better communication
- Federal Government agencies and programs
- Federal disability laws and advocacy
- Organizations and associations
- State commissions/agencies/offices
- Travel by air action guide

### **Contact Information**

Phone: 815-200-9339 Voice TTY users, dial 711  
Email: [ALDAseacoastNH@gmail.com](mailto:ALDAseacoastNH@gmail.com) ; [info@alda.org](mailto:info@alda.org)  
Website: <https://alda.org/about-alda/>

# Health & Wellness

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## In-Home Care

### Overview of Service

Below are a few agencies for your review that provide in-home, non-medical care that may be helpful to you or someone you know. From handyman chores, running errands to transportation, these agencies are here to provide clients with excellent care.

#### 1. Senior Helpers

a. 603-583-4580

b. <https://www.seniorhelpers.com/nh/se-new-hampshire/>

#### 2. Visiting Angels

a. 603-583-4890

b. <https://www.visitingangels.com/>

#### 3. Aging Excellence

a. 603-294-0119

b. <https://www.seniorsonthego.com/>





## Rockingham Nutrition Meals on Wheels

**Office Hours: 8:00AM - 1:00PM**

### Overview of Service

Rockingham Nutrition Meals on Wheels offers food services to Rockingham County. The branch in Exeter is located in the Senior Center. This program offers a variety of healthy, well-balanced meals with the ability to accommodate for special dietary needs. Beyond meals, the program offers rides, wellness checks, resources for problem-solving in the home, tips to maintain independence, and support.

### Important Information

- Services provided:
  - Home Delivery of Meals Monday - Friday
  - Luncheons Tuesdays & Thursdays at 11:45AM
  - Rides to luncheons, grocery shopping, pharmacies, & some medical appointments
- A donation of \$3.00 per meal is suggested, but not required
- Contributions for transportation are accepted, but not required.
- For more menus and information on luncheons and home delivery, visit their website or call
- For more information on rides only, please call 603-834-6010 (TripLink).



### Address:

Exeter Senior Center  
30 Court Street  
Exeter, NH 03833

### Contact Information

Exeter Center Meals Phone: 603-778-8196  
Email: [exeterareamealsonwheels@rnmow.org](mailto:exeterareamealsonwheels@rnmow.org)  
Website: <https://rockinghammealsonwheels.org/>

## Food Pantry Delivery Service \*For Seniors\*

Office Hours: 8:00AM - 1:00PM

### Overview of Service

Could you use fresh produce, dairy, meat or personal care items? You may be eligible to have these items delivered to you once a week. Rockingham Nutrition Meals on Wheels and the Society of Saint Vincent de Paul Exeter partner together to bring low income residents of Exeter and Stratham that are 60 years old or above nutrition and personal care items.



### Important Information

- Call SVdP Food Pantry at 603-772-9922 for information
- Qualified? Call 603-502-3629 to schedule a delivery
- 24-hour advance notice required
  - Deliveries take place on Mondays, Wednesdays & Fridays

### Contact Information

Exeter Meals on Wheels: 603-778-8196

SVdP Exeter: 603-772-9922



## St. Vincent De Paul Food Pantry

**Food Pantry Hours:** Monday, Wednesday, Friday 10:00AM - 12:00PM;  
Monday Night 7:00PM - 8:00PM

### Overview of Service

The Society of St. Vincent de Paul of Exeter provides services to low-income residents of Exeter, Stratham, Newfields, Brentwood, Kensington, and East Kingston. Services include emergency food provisions from their Food Pantry, financial assistance, food deliveries to housebound senior citizens, and more. You must register to be a client before utilizing these services. Clients can visit the Food Pantry and choose items from the shelves, including milk, butter, eggs, produce, bread, meat, non-perishable foods, and personal hygiene items.

### Important Information

- Deliveries to housebound senior citizens at 277 Water Street and Meeting Place are made once a month, call to register and for exact times and dates
- Call (603) 772-9922, or visit the Center for more information about becoming a client
- Although the main service is the Food Pantry, SVdP also offers:
  - Senior home delivery service
  - Dental services
  - Healthcare
  - Homeless assistance
  - Medicaid enrollment
  - Fuel assistance
  - Financial assistance



### Contact Information

Exeter Center Phone: 603-772-9922  
Email: [svdp@svdpexeter.com](mailto:svdp@svdpexeter.com)  
Website: <https://www.svdpxeter.com/>

### Address

53 Lincoln St.  
Exeter, NH 03833

## Hannaford Dietitian

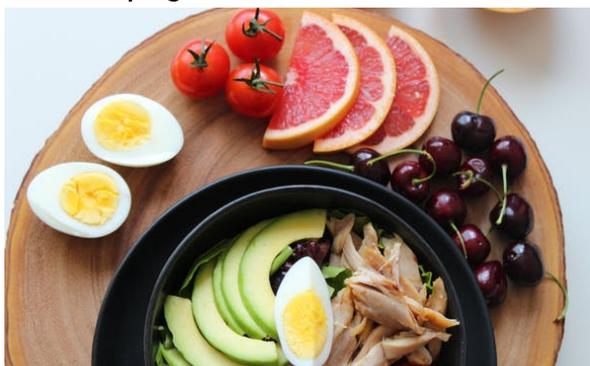
**Hours:** Monday, Wednesday, Friday 10:00AM - 12:00PM

### Overview of Service

Hannaford offers free nutrition advice from a registered dietitian on-site. This informative resource teaches anyone in need about healthy foods and eating right. In-store demos give the opportunity to learn about how to prepare healthy food options and are offered regularly. Healthy recipes and nutrition handouts are also available from this resource. This free service is offered by Hannaford to help the community navigate the latest nutrition trends and products, or navigate concerns about diabetes, heart health, food allergies, or other nutrition needs!

### Important Information

- Email Diana Robinson, RDN, or visit her in-store for...
  - Healthy recipes
  - Nutrition handouts
  - Monthly in-store demo schedule
  - Other questions
- Free nutrition classes are run online at Eventbrite, and are linked on the Hannaford webpage



### Address

141 Portsmouth Avenue  
Exeter, NH 03833

### Contact Information

Exeter Location Phone: 603-772-1783

Email: [diana.robinson@hannaford.com](mailto:diana.robinson@hannaford.com)

Website: <https://www.hannaford.com/health-wellness/dietitians/free-classes-demos-nh>

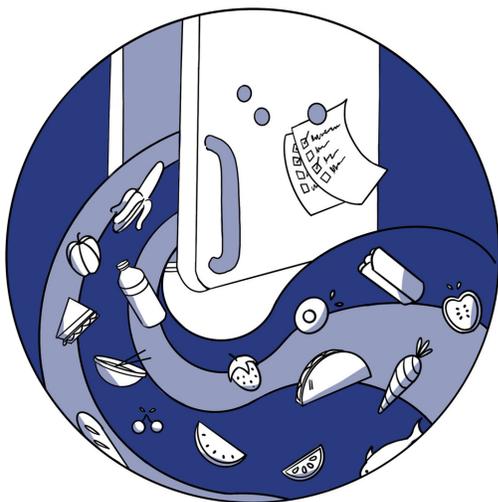
# Food & Nutrition

## Exeter Community Fridge

Hours: 24/7 Days: 365 days/year

### Overview of Service

- The community fridge is an outdoor refrigerator stocked with donated items. The refrigerator is accessible 24/7 to anyone.
- No questions asked. There's no paperwork to fill out. Food in the fridge is free.
- Volunteers help to stock, clean, and maintain the Fridge.
- Local restaurants, farms, grocers, and neighbors donate fresh food items that give soon-to-be-wasted food a second chance.
- The Fridge reduces food waste, reduces food insecurity, & brings neighbors together to support each other and help combat measurable health disparities.



Located at the YMCA - 56 Linden Street, Exeter NH  
For more info email: [Exeterfridge@gmail.com](mailto:Exeterfridge@gmail.com)  
Find us on Facebook @ExeterCommunityFridge  
Cash donations accepted and can be made by emailing us!



## Age Friendly Living Options

### **RiverWoods Exeter**

Attributes: Independent living, assisted living,  
memory support, and nursing care

Phone: 603-772-4700

Website: <https://riverwoodsrc.org/>

Address: 7 RiverWoods Drive, Exeter, NH 03833

### **Genesis Langdon Place**

Attributes: Independent living, assisted living, and rehabilitation

Phone: 603-772-5251

Website: <https://www.geneshicc.com/langdonplaceexeter>

Address: 17 Hampton Road, Exeter, NH 03833

### **277 Water Street**

Attributes: Independent living, affordable

Phone: 978-835-6982

Email: [jill@exeterhousingauthority.org](mailto:jill@exeterhousingauthority.org)

Address: 277 Water Street, Exeter, NH 03833

### **Sterling Hill at Exeter Condominium**

Attributes: Independent living, affordable

Phone: 603-778-6300

Email: [info@cpmanagement.com](mailto:info@cpmanagement.com)

Address: 11 Court Street, Exeter, NH 03833

### **Other 55+ Communities**

*River Run - (603) 207-4182*

*Ray Farm Exeter*

*Exeter River MHP Co-Op - (603) 778-0865*

# Programs



## Exeter Parks and Recreation

Office Hours: Monday - Friday; 8:15AM – 4:15PM

### Overview of Service

The Exeter Parks and Recreation Department offers programs for all ages throughout the year. There are a variety of programs offered, so whether you are interested in staying active, arts & crafts, socializing, traveling, or just being involved in your community, there is something for you!

### Programs & Activities

- Zumba
- Yoga
- Chair Yoga
- Senior Luncheons
- Walking groups
- Pickleball
- Day Trips
- ...and more!



### Important Information

- Keep an eye on the town website and our facebook page for upcoming programs and events
- Look out for the quarterly age-friendly activity brochure to find out what's happening now
- Many trips fill up fast, so be sure to register ASAP
- Email [dtovey@exeternh.gov](mailto:dtovey@exeternh.gov) to be added to the email list

### Contact Information

Office Phone: 603-773-6151  
Website: <https://www.exeternh.gov/recreation>

### Address:

32 Court Street  
Exeter, NH 03833



# Programs

## Exeter Senior Center

Office Hours: Monday - Friday; 8:30AM – 4:30PM

### Overview of Service

The Exeter Senior Center offers a variety of activities during the week for those age 55+. Bingo, crafts, exercise classes, and bridge games are just some of the activities they host. They are also the location for Exeter Meals on Wheels, hosting luncheons, and helping to facilitate transportation.



### Important Information

- Masks strongly recommended for all patrons and staff
- Activities typically start at 10:30AM prior to luncheons Tuesday & Thursday
- Partner with Rockingham Meals on Wheels to serve the Exeter area
- Available to rent out



### Address:

Exeter Senior Center  
30 Court Street  
Exeter, NH 03833

### Contact Information

Meals on Wheels Phone: 603-778-8196

Facility Use Phone: 603-773-6151

Website: <https://www.exeternh.gov/seniorcenter/senior-center>

# Programs & Services



## Exeter Public Library



**Hours:** Monday - Thursday 9 AM - 8 PM  
Friday 9 AM - 5 PM  
Saturday 9 AM - 5 PM  
Summer Saturdays 9 AM - 1 PM



### Overview of Service

Exeter Public Library serves as the information hub of the greater Exeter community. The Library's newly renovated space has beautiful views of the river and downtown Exeter. In 2021, Library patrons saved over 2 million dollars utilizing the library, so come on in or sign up online for your card today to start saving. Open six days a week, the Library is here to help you with all of your information needs.

### Library Services for Seniors:

- One-on-One Technology help with Technology Librarian
- Outreach Book Talk Programs visiting local Senior Living & Retirement Communities
- Museum Passes for free or reduced admission to Museums, Aquariums and Gardens in NH, ME & MA
- Check out BluRay & DVD Players, Projector, Telescope, Puzzles, Games, CD Player, Video Games, Ukulele, Cake Pans & more...
- 2 In-House Electronic Magnifiers for Low-Vision Reading
- 2 Book Groups for Adults
- 2 Knitters Groups (Crocheters welcome!)
- Monthly Art Exhibits
- Monthly Crafts for all ages
- Birdwatching Station
- Concert Series Highlighting Local Musicians
- Large Print Book Collection with over 3,000 titles
- Digital eBooks, Audiobooks, Movie & TV Services
- Genealogy and Historical Research Room
- Access to Local and National Newspapers
- Digital and Print Magazine Collections
- Access to Printers, Scanners & Laptops
- Hosts Free Tax Help with NH AARP February - April
- Free Wi-Fi



### Contact Information

Phone: 603-772-3101

Website: [exeterpl.org](http://exeterpl.org)

Email: [exeterplref@gmail.com](mailto:exeterplref@gmail.com)

### Address:

4 Chestnut St.  
Exeter, NH 03833

# Programs



## Exeter YMCA

**Facility Hours: Monday – Thursday; 5:00 AM – 8:00 PM**

**Friday: 5:00 AM – 7:00 PM**

**Saturday: 7:00 AM – 2:00 PM**

**Sunday: 8:00 AM – 1:00 PM**

### Overview of Service

The Exeter Area YMCA offers programs and activities for all ages and abilities to promote a healthy and active lifestyle.. For active seniors, they offer programs, like Walk with Ease, Strength & Balance, Yoga and Pickleball among others. They regularly host on-site luncheon seminars featuring various topics related to your health and wellness. The Y offers a number of membership packages for seniors, adults and families and youth. Shorter term memberships are available, contact the Y for the latest rates and membership promotions. The Y also offers financial assistance programs for those in need.

### Important Information

- Senior rates and Senior Couples rates
- Family, Adult and Youth Memberships
- Apply on-line or in person

### Facility Amenities:

- Full gymnasium with Indoor Track
- Wellness Center (Cardio/weights)
- 3 Group Exercise Studios
- Locker rooms with rentals
- Child watch
- Community room (seminars/events)



### Contact Information

Phone: 603-642-3361

Website: <https://www.sdymca.org/about-the-y>

### Address:

56 Linden Street  
Exeter, NH 03833



## Exeter Adult Education

**Office Hours:** Monday - Friday; 8:30AM – 4:00PM

### Overview of Service

The Exeter Adult Education programs strives to help adults develop their skills and enrich their lives. They offer classes for basic skills and enrichment courses. Basic skills include reading, writing, and math. Enrichment courses have many options in the areas of computer technology, cooking, health & wellness, home & craft, languages, and personal or professional development. The courses run on a semester schedule, with most curriculum offered during Fall and Spring semesters.

### Important Information

- English and HiSET classes run all year round
- Enrichment courses and adult diploma classes only run during the Fall and Spring semesters
- Day and evening classes are available
- BASIC SKILLS (reading, writing, math), HiSET preparation and ESL (English for Speakers of Other Languages) classes are FREE.

### Programs Offered

- Basic reading
- Writing & math instruction
- HiSET® preparation & testing
- Adult high school diploma
- English language learning
- Career and college transitions
- Enrichment/continuing education



### Contact Information

Phone: (603) 775-8457

Email: [exeteradulted@sau16.org](mailto:exeteradulted@sau16.org)

Website: <https://adulted.sau16.org/en-US>

### Address:

30 Linden Street  
Exeter, NH 03833

## American Independence Museum

Open: May - November  
Hours: Wed - Sat, 10 am - 4pm

### About

Founded in 1991 with the strength and guidance of the Society of the Cincinnati in the State of New Hampshire, the Exeter Community and State of New Hampshire, the American Independence Museum celebrates what it took to create the freedoms that Americans continue to enjoy today. Located in Exeter, New Hampshire's Revolutionary War Capital, the Museum serves residents, schoolchildren and area visitors by making our past relevant and fun. We want to encourage people to appreciate all who fought for our freedom and continue to fight for it. We believe we can learn from the past and apply it to the future.

### Mission

To engage, educate and excite people of all ages, to understand and celebrate the American struggle for freedom and self-governance and to preserve and share our buildings, grounds and collection so they will be an inspiration for generations to come.

### Vision

All people inspired to civic engagement.

Our Values are centered on Inclusiveness, Discovery , Innovation , Accountability and Integrity.



### Programs Offered

- **Adult Traveling Trunk:** highlights the various ways in which everyday people were civically engaged during the American Revolution.
  - Sensory experiences
  - Singing
  - Writing, brain puzzles
  - Fine motor skill use (spinning wool)
- **Senior discounts on tours**
- **Free admission for veterans and their family**
- **Revolutionary Story Time (digital)**

### Contact Information

Phone: (603) 772-2622

Email: [info@independencemuseum.org](mailto:info@independencemuseum.org)

Website: [www.independencemuseum.org](http://www.independencemuseum.org)

### Address:

1 Governor's Lane  
Exeter, NH 03833



## Senior Companion Program of New Hampshire

Open: May - November

Hours: Wed - Sat, 10 am - 4pm

### About

Whether you want to go out, or just stay in, our Senior Companions are here to help! Senior Companion is a statewide program designed to help isolated seniors develop relationships which encourage independence and help improve the quality of their lives. This free federally funded program is designed for seniors ages 55 and older who may be isolated due to physical or emotional ailments. Senior Companions provides weekly companionship with the goal of keeping people in their own homes as long as possible.

#### We Provide:

- Long term companionship
- Friendly weekly visits
- Assistance with errands
- Accompaniment to social events/outings
- Encouragement to remain active and stay independent
- Participate in hobbies
- Providing information about community resources as needed
- Respite care for family caregivers

#### Volunteer With Us:

- Adults 55+
- Assist participants with assigned activities mutually agreed upon
- Monthly trainings to continually improve your skills and knowledge
- Receive a tax-free STIPEND and mileage reimbursement that does NOT affect government benefits

### Contact Information

Contact Information

Phone: 1-800-856-5525

website: <https://www.bm-cap.org/senior-companion>

### Address:

2 Industrial Park Dr.  
Concord, NH



**Police and Fire Business Line Hours:** Monday - Friday 8:00AM - 4:00PM

*In case of an emergency, **DIAL 911***

## Exeter Fire Department

### Overview of Service

The Exeter Fire Department website provides resources for emergency management, emergency alert system, the fire inspection program, and other notes to the public. Emergency management provides information to the community about how to reduce risks and be prepared for emergency situations. To read more about these topics, visit their website linked below.

#### Contact Information

Phone: 603-772-1212

Website: <https://www.exeternh.gov/fire>

#### Address

20 Court Street  
Exeter, NH 03833

## Exeter Police Department

### Overview of Service

The Exeter Police Department offers services such as animal control, school resource officers, RAVE mobile safety, safety seat installations, live scan fingerprinting, pedestrian and bike safety, assistance for individuals with special needs or Alzheimer's, and more. The Police Department also lays out all town ordinances for community viewing. For more information, visit the website.

#### Contact Information

Phone: 603-772-1212

Website: <https://www.exeternh.gov/police>

#### Address

20 Court Street  
Exeter, NH 03833

Hours: Monday-Friday 8-4

## **REAP - Referral Education Assistance Prevention Program**

### **Overview of Service**

The Referral Education Assistance & Prevention (REAP) program was established to support older adults over 60, their care partners and the professionals who support them in the community to maintain and improve quality of life and support independence. The REAP program is available to help with mental health concerns, substance abuse, grief, isolation, caregiving, and cognitive problems in older adults living in New Hampshire.

The REAP Program, provides prevention education, referrals, support and related services to assist eligible individuals with concerns that impact quality of life.

There is no charge for REAP services. Services are funded by support from NH Housing and the State of NH.

### **Contact Information**

REAP Referral Line 603-957-5913

Website: <https://smhc-nh.org/our-services/older-adult-services-reap/>

## Rockingham Visiting Nurse Association & Hospice



### Overview of Service

Rockingham Visiting Nurse Association & Hospice is a community-based, non-profit Home Health agency that serves the adult population of Rockingham County as well as the communities of Barrington, Durham and Lee, NH. As an Exeter Health Resource, our agency is able to provide you and your family with the highest quality home care, community outreach programs and services.

### How to Contact

Our Centralized Intake Department is open Monday through Friday from 8:00 a.m. to 5:00 p.m. and 8:00 a.m. to 4:00 p.m. on weekends to answer questions that you may have about home health services for you or a loved one. We also provide 24-hour on-call nursing coverage to handle necessary patient and referral calls.

Please call us for further information, to make a referral, or to inquire about volunteer opportunities or donating to our agency, at 1-800-540-2981.

Our agency is certified by Medicare, and licensed by the State of New Hampshire.

### Rockingham VNA & Hospice is also a member of the following:

- Visiting Nurse Association of America
- National Hospice & Palliative Care Organization
- New Hampshire Hospice and Palliative Care Organization